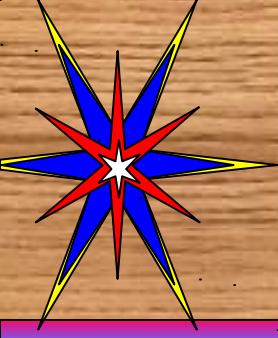


How Substance Abuse Develops

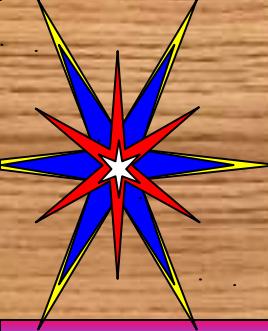
Enabling Learning Objectives

- 1. Select from a list early indicators of substance abuse.**
- 2. Select from a list late indicators of substance abuse.**
- 3. Given basic information on frequency of use and social problems; categorize a person as an experimental user, a user, an abuser or an addict.**



How Substance Abuse Develops

- Understanding how substance abuse develops will increase your confidence in taking an active role in prevention. This section demonstrates risk factors, early indicators, and late indicators of substance abuse problems.
 - Risk factors are circumstances or characteristics that predispose someone to having a substance abuse problem.
 - Early indicators of substance abuse are subtle symptoms or other outward signs that someone may have a substance abuse problem.
 - Late indicators are more obvious symptoms or signs of substance abuse and include physical illness or damage from substance abuse or problems with the law.

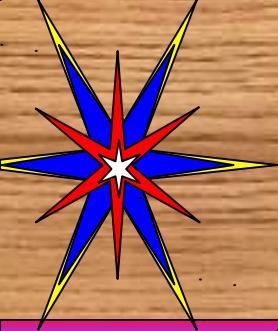


How Substance Abuse Develops

- Slide the mouse pointer to the right and back to the left to review the stages on the continuum.
- (Do not click your mouse, just move it over the numbers)



s, early indicators, and late indicators lie on a continuum from "No substance abuse Problem" to "Severe substance abuse Problem." Everyone falls



How Substance Abuse Develops

Possible Risk Factors for Substance Abuse Problems

I Marital Problem or geographical separations

■ Stress at work or deployments

Family Problems

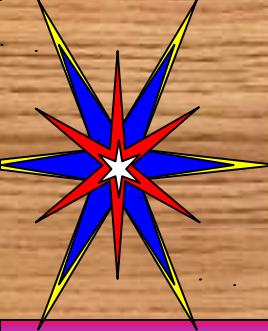


Previous drug usage

Family member with substance abuse problem

I Concern about own substance abuse

Prevention of substance abuse takes place before a problem occurs. Risk Factors, such as those you see here, are clues that prevention is appropriate.



How Substance Abuse Develops

Early Symptoms of Substance Abuse Problems

■ Frequent absences from work

Difficulty eating and/or sleeping

Mood swings? No Problem



Severe Pro

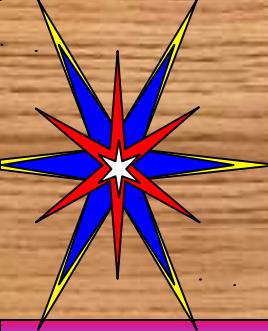
1 2 3 4

Depression

DWI/DUI or positive urinalysis

□ Sudden poor job performance

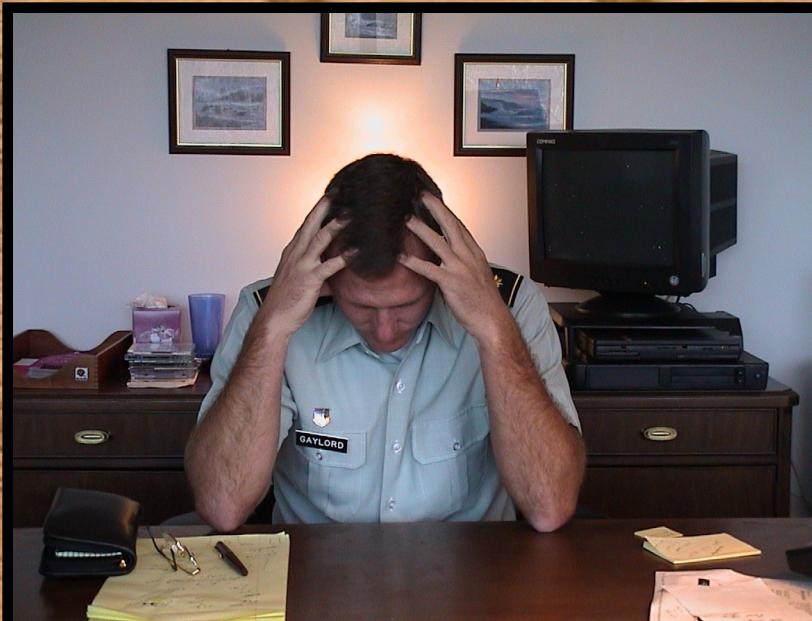
Early Indicators, such as those listed here, are clues that substance abuse may have started. Intervention, such as referral to the clinical ASAP for an assessment of a substance abuse problem, can prevent further damage.



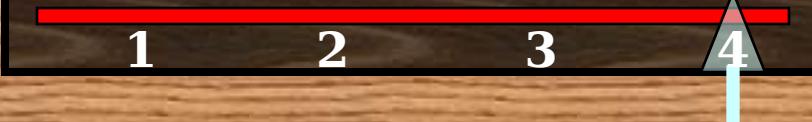
How Substance Abuse Develops

Late Symptoms of Substance Abuse Problems

- Liver damage
- Overdose
- Repeat DWI/DUI

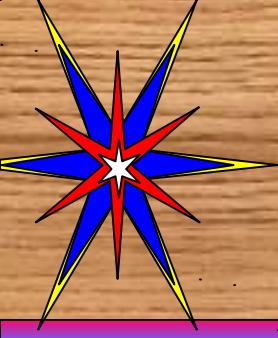


No Problem



- Arrest for possession or sale of drugs
- Repeat urinalysis positive
- Fired from job or discharged due to substance abuse

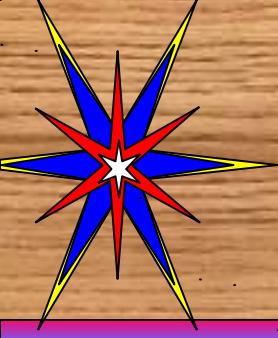
Late Indicators such as those listed here mean that treatment is appropriate. It is usually easier and much less costly to prevent problems than to treat them.



Signs and Symptoms Of Abuse

STAGES OF CHEMICAL DEPENDENCY

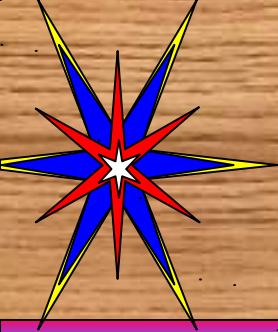
- STAGE 1: Experimentation**
- STAGE 2: User**
- STAGE 3: Abuser**
- STAGE 4: Chemical Dependency
(Addiction)**



STAGE 1: EXPERIMENTATION

- Tries the drug out of curiosity, media, peer pressure or to find out what it does.**
- Uses in social settings or alone.**
- Occasional to infrequent use.**
- Begin to “look forward to the buzz” of the drug of choice.**

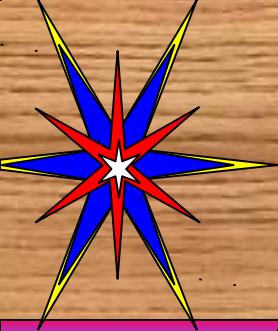
This is the beginning of drug abuse, it is primarily a rare usage of the drug. No changes are normally noticed in these individuals.



STAGE 2: USER

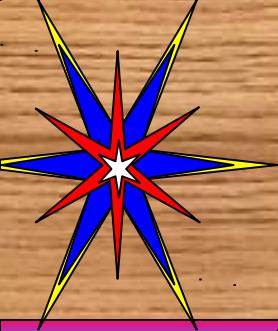
- **Party weekend use.**
- **Uses to socialize, not to have fun.**
- **Controlled use, avoids getting wasted or drunk.**
- **Experience few, if any, significant consequences with their jobs, relationships with others, or the law.**

Most of the drug abusers in the Army fall into this area. It is very difficult to notice changes in behavior or job performance.



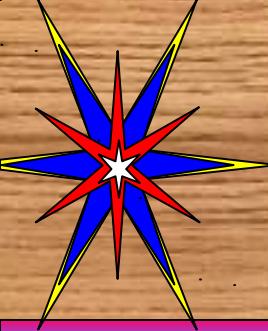
STAGE 3: ABUSER

- **Changes in peer group - develops new friends who are involved with drugs.**
- **Experiences memory loss from use (passing out, blackouts).**
- **Family and friends become suspicious and concerned about abuse.**
- **Increasing tolerance - quantity and frequency goes up!**
- **Mood changes from abuse - anger, irritability, depression.**



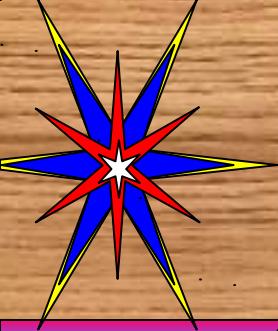
STAGE 3: ABUSER (Cont)

- **Significant health problems begin - weight loss, hair and tooth loss, acne, liver problems, poor personal hygiene.**
- **Consequences from abuse - work, home and legal issues.**
- **Changes in interests - partying is more important than work, health, family, etc.**
- **Increased problems at work - chronic tardiness and absences, accidents, poor performance.**
- **If a Soldier falls into this category a supervisor or co-worker should have already noticed the problem.**



STAGE 4: CHEMICAL DEPENDENCY (ADDICTION)

- Continued misuse despite serious consequences at work, home and with the law (loss of job, debt, DUI, relationship problems).**
- Often enabled by family, friends, and coworkers to continue to stay in addiction.**
- Demonstrates lying patterns; value system changes.**
- Loss of interest in work, family and formerly enjoyed activities.**
- Severely poor nutrition and health; preoccupation with chemicals.**



STAGE 4: CHEMICAL DEPENDENCY (ADDICTION) - Cont

- Rationalizes behavior to hide drug use.**
- Increased isolation, paranoid and suicidal feelings.**
- Experiences withdrawal symptoms when drug is not consumed.**
- Cycle can only be stopped by recovery (abstinence) or death.**